

Mountain View Aquatic Center

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AQUAROBICS AT MOUNTAIN VIEW!!!!



Cobb County...Expect the Best!



Are you looking for a fun way to get into shape, while using the qualities of water? Buoyancy enables one to do aerobic exercise with minimum strain. Resistance of the water helps tone muscles and quickly build endurance. Movement of the joints is greatly improved in the water, making aquarobics an excellent program for those with arthritis, back problems or other medical conditions.



Aerobics (Deep Water)

Monday-Friday 9:00AM-9:55AM

Arthritis/Fibromyalgia

Mon, Wed, & Fri 10:00AM-10:55AM

Aerobics (Shallow Water)

Tuesday & Thursday 10:00AM-10:55AM

Mon, Wed, & Fri 8:00AM-8:55AM

Monday-Friday 5:30PM-6:25PM

Adaptive Aquatics & Arthritis

Mon, Wed, & Fri 11:00AM-11:55AM

CLASS DESCRIPTIONS!!!!

Aerobics: Deep water workout—Enjoy a deep water workout that has no impact on the joints, yet high intensity to burn calories...very cardiovascular...add a little body sculpting and you have a total body workout. **Shallow water workout**— Low impact, mid to high intensity to get blood flowing. A good aerobic workout with muscle toning.

Arthritis:** Work your joints from head to toe in this virtual non-aerobic workout.

Fibromyalgia:** Non-aerobic class in the deeper water on noodles to keep your trigger points relaxed. Work at your own pace with guidance. A very relaxing class.

Adaptive Aquatics:** Working your joints with light aerobics add. Those with M. S. & Arthritis welcomed. We will emphasize range of motion, endurance, balance & fun. All instructors are M.S. & Arthritis certified.

****Classes require a Doctor's release on file in order to participate in class.**

If you are Prenatal you must have a Doctor's release on file in order to participate in class.

All classes require you to fill out a Green medical release card before participating in class.

FEES

Adults

\$3.00 Per Class

Ten Visit Pass \$30.00

Seniors

\$2.00 Per Class

Ten Visit Pass \$20.00

**Non Cobb Residence Add \$25.00
For Each Pass**

Mountain View Aquatics reserves the right to limit the number of patrons participating in each class.